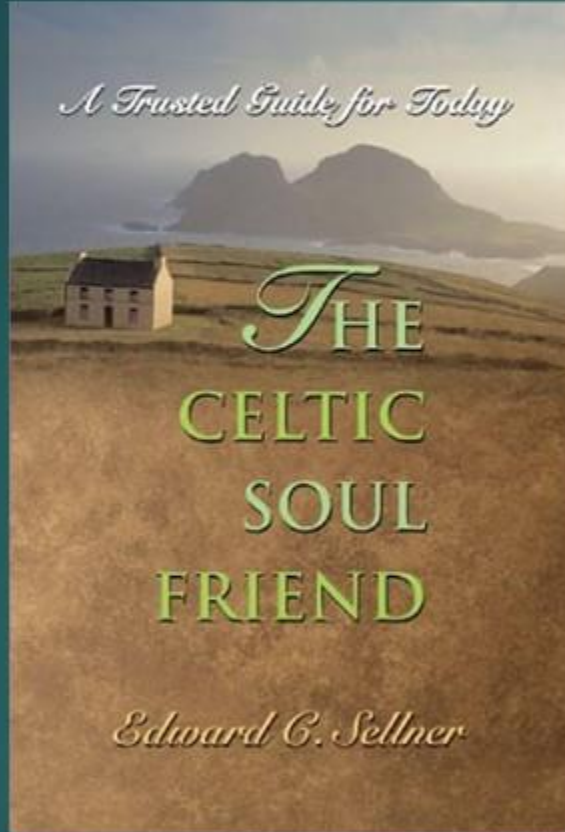


## WISDOM OF THE CELTIC TRADITION

### Key Principles, Mentors & References for BECOMING ANAMCARA



#### HEART CENTERED RELATIONSHIP

"Anyone without a soul friend is like a body without a head," St. Brigid once said. What was true for her in 5<sup>th</sup> century Ireland is all the more true for us in the complex and cynical world of the twenty-first century. To be a soul friend, Edward Sellner writes, "is to provide a place of sanctuary to another where, through our acceptance, love, and hospitality." With personal conviction and scholarship, Sellner describes the history of the anamchara (soul friend) and the early Celtic Church out of which it arose. He leads an exploration of the ancient Druids and early desert monks of Egypt, whose traditions and practices were the foundation of soul friendship.

Reference Text:  
The Celtic Soul Friend  
—Edward C. Sellner